

1	לְמַנְצֵחַ לִידוּתוֹן מִזְמוֹר לְדָוִד	For the lead player, for Jeduthun. A David psalm.
2	אֲמַרְתִּי אֲשֶׁמְרָה דְרָכַי מִחֲטוֹא בְלִשׁוֹנִי אֲשֶׁמְרָה לְפִי מִחֲסוּם בְּעַד רָשָׁע לְנִגְדֵי	I thought, “Let me keep my ways from offending with my tongue. Let me keep a muzzle on my mouth as long as the wicked is before me.”
3	נֶאֱלַמְתִּי דוּמִיָּה הֶחֱשִׂיתִי מְטוֹב וְכָאֲבִי נֶעְכָּר	I was mute - in silence. I kept still, deprived of good, and my pain was grievous.
4	חֶם-לִבִּי בִקְרָבִי בְהִגִּיגִי תִבְעַר-אֵשׁ דִּבַּרְתִּי בְלִשׁוֹנִי	My heart was hot within me. In my thoughts a fire burned. I spoke with my tongue.
5	הוֹדִיעֵנִי יְיָ קִצְצִי וּמִדַּת יָמַי מַה-הִיא אֲדַעַה מַה-חָדַל אֲנִי	Let me know, O Lord, my end and what is the measure of my days. I would know how fleeting I am.
6	הִנֵּה טַפְחוֹת נָתַתָּה יְיָ וְחִלְדֵי כְאֵין נִגְדֵי אֶךְ-כָּל-הֶבֶל כָּל-אָדָם נֹצֵב סֵלָה	Look, mere handspans You made my days, and my lot is as nothing before You. Mere breath is each man standing. selah
7	אֶךְ-בְּצֵלִם יִתְהַלֵּךְ-אִישׁ אֶךְ-הֶבֶל יִהְמִיז יִצְבֹּר וְלֹא-יֵדַע מִי-אֶסְפֶּם	In but shadow a man goes about. Mere breath he murmurs - he stores and knows not who will gather.
8	וְעַתָּה מַה-קִּנִּיתִי אֲדַנִּי תוֹחַלְתִּי לָךְ הִיא	And now, what I expect, O Master, my hope is in You.
9	מִכָּל-פְּשָׁעַי הַצִּילֵנִי חֲרַפַּת נָבֵל אַל-תְּשִׂימֵנִי	From all my sins save me. Make me not the scoundrel's scorn.

10	נִאֲלַמְתִּי לֹא אֶפְתַּח־פִּי כִּי אַתָּה עָשִׂיתָ	I was mute, my mouth did not open, for it is You who acted.	
11	הֲסֵר מֵעָלַי נִגְעֶיךָ מִתְגַּרֶת יָדְךָ אֲנִי כָלִיתִי	Take away from me Your scourge, from the blow of Your hand I perish.	
12	בְּתוֹכְכֹחַת עַל־עוֹן יִסְרֹת אִישׁ וַתִּמַּס כְּעֵשׂ חֲמוּדוֹ אֵךְ הֶבֶל כָּל־אָדָם	In rebuke for crime You chastice a man, melt like the moth his treasure. Mere breath all humankind.	selah
13	שְׁמַע־הַתְּפִלָּתִי יְיָ וְשׁוֹעַתִּי הִאֲזִינָה אַל־דְּמַעְתִּי אַל־תִּחְרַשׁ כִּי גֵר אֲנִי כִּי עַמֶּךָ תוֹשֵׁב כְּכָל־אֲבוֹתַי	Here my prayer, O Lord, to my cry hearken, to my tears be not deaf. For I am a sojourner with You, a new settler like all my fathers.	
14	הֲשַׁע מִמְּנִי וְאַבְלִיגָה בְּטָרַם אֶלְךָ וְאִינְנִי	Look away from me, that I may catch my breath before I depart and am not.	